

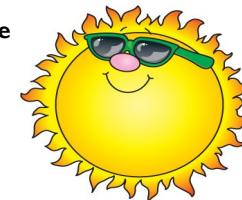


September 9-15, 2013
Cycle 6

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010.

For more information, please visit the FNS website:

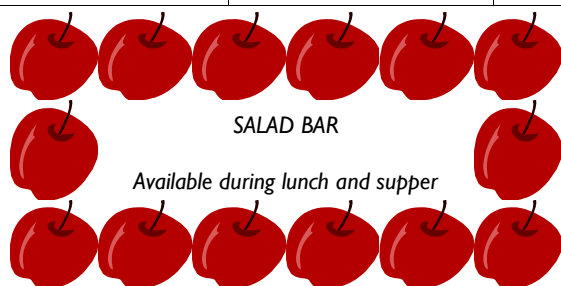
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



Graphic contributed by Fidel G.

****Please note: Items are subject to change based on availability without prior notice****

Mon 9	Tue 10	Wed 11	Thu 12	Fri 13	Sat 14	Sun 15
WW pretzel or Rice krispies cereal Mixed fruit or Orange juice Hard cooked egg Milk (cheese sauce)	Granola or Frosted mini wheats Banana or Apple juice Danimal vanilla yogurt Milk	Egg-cheese-sausage WW muffin or WW toast Peaches or Raspberry juice Milk	WG Cinnamon roll or WW toast Pears or Orange-tangerine juice Danimal vanilla yogurt Milk	WG Turkey pancake wrap or Oatmeal Mandarin orange sections or Grape juice Milk (raisins)		
Chicken patty on WW bun or Veggieburger on WW bun Sweet potato gems Pears Milk	Salisbury steak or Veggieburger patty Mashed potatoes Seasoned cabbage Apricots Milk (country gravy)	Cheese crisp Chili con carne Apple slice (c/d) Milk	Chicken parmesan or Eggplant parmesan w/ cheese stick Italian blend vegetables Seasonal fruit Milk	Tuna salad on wheat or Veggie croissant Spinach w/ mandarin orange salad Chips (SrCr) Pineapple Milk	Chicken salad on croissant Broccoli salad Chips Fruit roll up Milk	Sausage pizza Green beans Coleslaw Vanilla pudding Milk
Soft taco Corn Vanilla pudding Milk (lettuce/cheese/salsa)	Baked crunchy onion chicken Green beans Garlic toast bread Cookie Milk	Fish stick Potato twisters Coleslaw Frozen treat Milk	Chicken eggroll Brown rice Emperor's blend vegetables Fortune cookie Milk (sweet & sour sauce)	DD pepperoni pizza Breadstick Tossed salad Strawberry gusher Milk	Beef fingers Twister potatoes Mixed vegetables Cookie Milk	Oven fried chicken Baked potato (steamed broccoli/cheese sauce/margarine/bacon bits/sour cream/scallions) Seasonal fruit Milk



- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

Criteria for a meal to be reimbursable:

- ⇒ **Must have 3 components at breakfast**
- ⇒ **Must take the fruit or vegetable component (or combination) and 2 other components from 5 different components (food groupings) at lunch**

Breakfast: 6:45-7:45am Monday-Friday	
Lunch: 11:30am-1:10pm Monday-Thursday	Supper: 4:30-6:00pm Monday-Thursday
11:30am-1:00pm Friday	4:30-5:30pm Friday
Saturday & Sunday Lunch: 12:15-1:15pm	Saturday & Sunday Supper: 4:45-5:45pm

If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to jeanne.foster@asdb.az.gov

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).